

HUMAN VALUES & PROFESSIONAL ETHICS

UNIT 1 NOTES

- COURSE INTRODUCTION
- SELF EXPLORATION
- BASIC HUMAN ASPIRATIONS
- HAPPINESS & PROSPERITY



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VALUE EDUCATION

- Value Education is the process of teaching and learning about the ideals and principles that shape an individual's behaviour and decision making.
- It involves the development of moral values, ethics and positive attitudes that help individuals contribute meaningfully to society and lead to a balanced, fulfilling life.
- It focuses on implanting values such as empathy, honesty, respect, compassion, responsibility, peace, tolerance and integrity.

NEED OF VALUE EDUCATION

- Decision Making
- Builds Good Character
- Improves relationship
- Life Challenges
- Promotes a peaceful Society
- Respect for Diversity
- Protection of Environment
- Personal success & happiness

- ① Decision Making: Value education teaches us to make decisions based on honesty, fairness and compassion. It helps us understanding what is acceptable and what is not.
- ② Builds Good Character: Values like discipline, kindness and respect help us grow into good human beings.
- ③ Improves Relationship: When we learn values like empathy and respect, we treat people better which strengthen our relationship with family, friends, partner and our society.
- ④ Life Challenges: Life is full of ups and downs. Value education helps us develop patience, courage and problem-solving skills to face challenges positively.
- ⑤ Promotes a Peaceful Society: When people live by good values, there is less conflict and more co-operation.
- ⑥ Respect for Diversity: Value education teaches us to appreciate different cultures, opinions and backgrounds promoting tolerance and understanding.
- ⑦ Protection of Environment: Values such as responsibility and care for nature help us understand the importance of protecting the environment for future generations.

- ⑧ Personal success and happiness: Living by good values often brings self respect, happiness and success because people respect & trust those who act ethically.

BASIC GUIDELINES

- Value education is essential for promoting ethical behaviour, and harmonious living.
- For its effective implementation, following guidelines must be considered:

- ① Universal
- ② Rational
- ③ Natural & Verifiable
- ④ All encompassing
- ⑤ Harmony

- ① Universal : • It needs to be applicable to all the human being irrespective of cost, nationalities and religions.
• It should be applicable for all times and regions.
- ② Rational : • Rational means something based on logic and have a valid reason.
• Value education should encourage logical thinking and understanding & should not based on blind beliefs
- ③ Natural & Verifiable : • Natural means something existed or derived from nature while verifiable means something that can be checked and verified.
• Value education should be naturally acceptable to all the human beings.
• For example: Cold in winter & hot in summer is natural and verifiable.
- ④ All encompassing : • All encompassing means including / covering everything and everyone.
• Value Education should cover all the dimensions (thought, behaviour, work, understanding) and all the levels (individuals, family, society, nature and existence)
- ⑤ Harmony : The ultimate target of value education is to promote harmony within individual, among human beings and with nature.

CONTENT OF VALUE EDUCATION

- Content of value education refers to the specific topics and themes covered within value education.
- The key components include:
 - Personal Values
 - Family Values
 - Social Values
 - Environmental Values
 - Universal Values

① PERSONAL VALUES

- Love : Acquiring compassion and affection towards others.
- Honesty : Encouraging truthfulness in actions and speech.
- Discipline : Promoting self control and responsibilities.
- Empathy : Understanding and sharing the feeling of others.

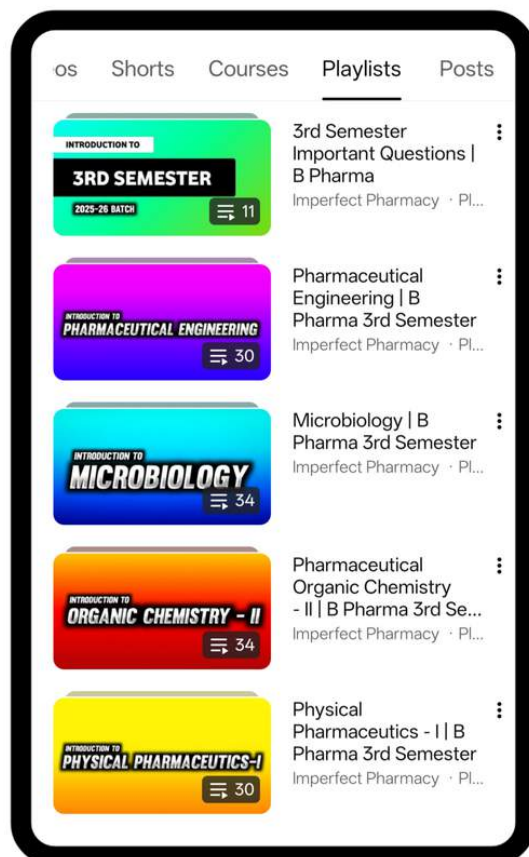
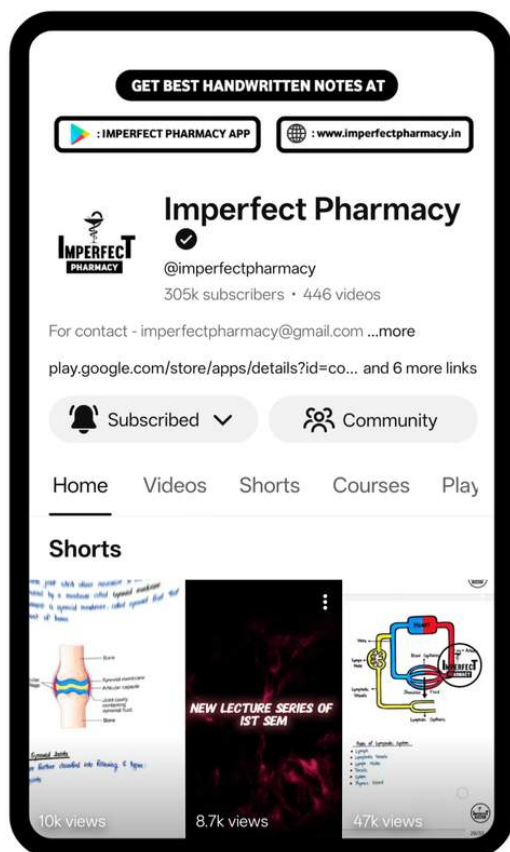
② FAMILY VALUES

- Respect : Respecting parents, elders and family members.
- Loyalty : Being faithful and supportive within the family.
- Co-operation : Working together to maintain family harmony.

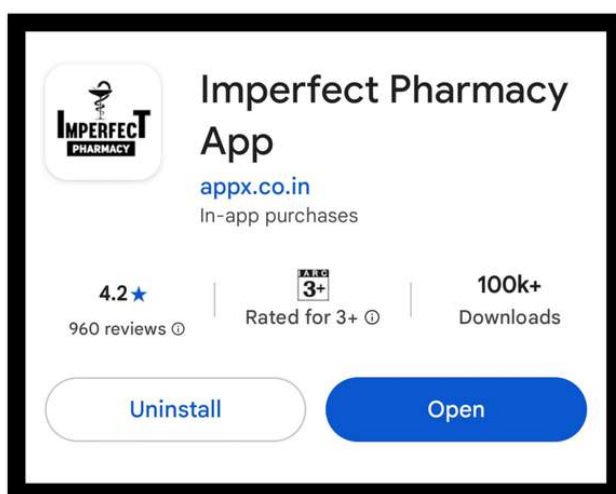
③ SOCIAL VALUES

- Justice : Supporting for fairness & equality in society.
- Tolerance : Accepting and respecting diverse perspectives and cultures.

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④ ENVIRONMENTAL VALUES

- Sustainability: Encouraging responsible use of natural resources.
- Conservation: Protecting and preserving the environment.
- Harmony with nature: Promoting a balanced relationship b/w humans and natural world.

⑤ UNIVERSAL VALUES

- Peace: Striving for non-violence.
- Freedom: Valuing individual rights.
- Human dignity: Respecting worth of every person.

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PROCESS OF VALUE EDUCATION

The process of value education is designed to help individuals understand and apply values in their daily lives.

Some key steps in this process includes :

- Self Exploration
- Critical Thinking
- Experiential Learning
- Modeling & Mentorship

- ① Self Exploration : Encouraging individuals to reflect on their beliefs, desires and goals to gain self-awareness.
- ② Critical Thinking : Promoting analytical thinking to assess various situations, encouraging questioning and open-mindedness to understand different perspectives.
- ③ Experiential Learning : Engaging in activities that provide practical experiences related to ethical behaviour such as participating in group discussion and community service.
- ④ Modeling & Mentorship : Observing and interacting with role models, receiving guidance from mentors to reinforce value based living.

SELF EXPLORATION

- Self exploration is the process of examining and understanding, your own thoughts, feelings, beliefs and behaviours.
- Exploration is the process of knowing about unknown things.
- It is the process of knowing 'what you are' and 'what you really want to be'
- It is the process to find out what is valuable to me by investigating within myself, Since it is me who feel happy, successful, unhappy or unsuccessful, Therefore what is right for me is to be judged by myself only.

CONTENT OF SELF EXPLORATION

Content of self Exploration just includes finding answers to the following fundamental questions of all human being.

- What is my desire / goal.
- What do I really want in life.
- What is my program for fulfilling the desire.
- What should be my actions to actualize the above.

PROCESS OF SELF EXPLORATION

- Being the keen observer.
- Focusing on solution's rather problems.
- Chasing strong emotions.
- Identifying core values and belief.

PURPOSE OF SELF EXPLORATION

- Self - Awareness
- Personal Growth
- Improved Relationship
- Better decision making.
- Increasing Emotional Intelligence
- Clarification of Life Goals.
- Maintains harmony with self & others.

MECHANISM OF SELF EXPLORATION

Mechanism of self Exploration involves two basic components

- ① Natural Acceptance
- ② Experiential Validation

NATURAL ACCEPTANCE

- Natural acceptance is when you feel unconditional and deep understanding with sometimes that feels right to you, without needing much reasoning.
- It refers to absence of any exception from others.
- It's like an inner feeling that something is true or good, and you, naturally accept it because it aligns with your true self.

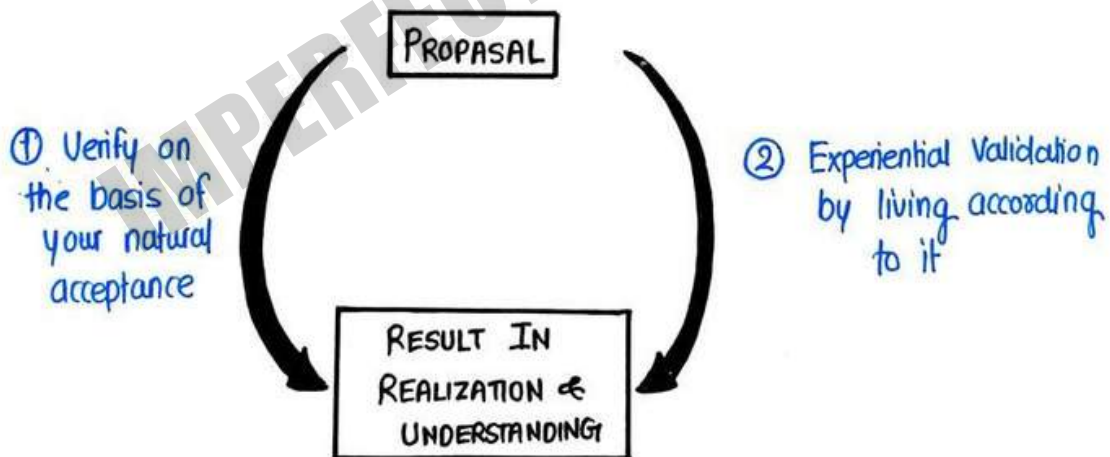
Example - Let's say you believe in helping others and one day, someone asks you for help. Now you don't need to think twice or justify it, you just feel it's the right thing to do.
Your natural acceptance is that helping others is good & you don't need any external reason to agree with it.

EXPERIENTIAL VALIDATION

- Experiential validation is when you test or try something for yourself to see if it truly works.
- It's about learning through experience.
- After trying something, you feel more certain because you say whether it works or not in real life.

Example: You might have been told that being honest is always the best way to go, but you've never really tested it.
One day, you're honest about a mistake, you made at work, and you get appreciated.
Now because of your own experience, you validate the idea that honesty really works.

- Together, they guide you in self exploration by helping you understand your true values and confirming them through real life experiences.



The answer after realization and understandings should be :

- Assuring
- Satisfying
- Universal

BASIC HUMAN ASPIRATIONS

- Basic human aspirations are the fundamental desires and goals that drive individuals and societies.
- They represent the core needs and wants that people strive to fulfill throughout their lives.
- Happiness and Prosperity are fundamental human aspirations that guide individuals towards a fulfilling life.

HAPPINESS

Happiness is defined by following definitions:

- 'To be in state of liking is happiness.'
- "The situation in which I live, if there is harmony in it then I like to be in that state or situation."
- Happiness is a state of inner satisfaction, joy and peace.
- Different people experience happiness in different ways and what makes one person happy may not make another person happy.
- Happiness doesn't just come from having money, or things.
- It comes from being happy, enjoying simple moments, being with people you love, doing things you care about and feeling good inside.

For Example :

- Spending time with friends & family.
 - Achieving a goal you've worked hard for.
 - Helping someone in need.
 - Appreciating nature or enjoying your favourite hobby.
-
- True happiness often comes when you are at peace with yourself and live with a sense of purpose and gratitude.

UNHAPPINESS

- "To be in state of disliking is unhappiness."
- "To be in a state of disharmony or contradiction is unhappiness."

PROSPERITY

- Prosperity is the feeling of having or making available more than required physical facilities.
- It means having enough resources to live a comfortable and secure life.
- Prosperity is not just about being rich, it's also about feeling safe, stable and capable of growing in different areas of life.
- It involves having good health, meaningful relationships and the freedom to make choices that lead to a better future.

DIFFERENCE BETWEEN PROSPERITY & WEALTH

WEALTH	PROSPERITY
• Refers to the amount of money, property or valuable possessions a person owns. • It focuses purely on material and financial assets. • Example: A person with a large bank balance & expensive properties is considered wealthy.	• It involves both material well being and overall life satisfaction, including good health, meaningful relationships & peace of mind. • It goes beyond just money to include emotional, social & spiritual fulfillment. • Example: A person with modest income but a happy family, good health & peace of mind is prosperous.

BASIC REQUIREMENT FOR FULFILLMENT OF HUMAN ASPIRATIONS

The basic requirements for fulfilling the aspirations of every human being are:

- Right understanding
- Relationship
- Physical facility

① RIGHT UNDERSTANDING

- This means knowing what is true and having sense of the world around us.
- It's about having a clear and fair view of ourselves others and how things work.
- When we understand things right, we can make other better decision & live a happier more peaceful life.

② RELATIONSHIP

- People need good relationships with family, friends and others.
- These relationships give us love, support and sense of belonging.
- Healthy realationships help us grow, feel cared for and work together to achieve things.

③ PHYSICAL FACILITY

- These are the basic things we need to live - comfortably, like food, clean water, a safe place to live & healthcare.
- Without these it's hard to focus on other aspects of life

WHERE DO WE STAND TODAY

- Besides physical facilities, all human wants relationship with other people or human beings.
 - Like : Father Mother, Brother, Sister, Friends, Partner
- But today due to lack of right understandings we are facing a lot of problems at various levels such as:
 - At the level of individual :
Rising problem of depression, suicides, stress, insecurity and health problems.
 - At the level of family :
Breaking of joint family, mistrust and insecurity in relationship, divorce.
 - At the level of society :
Terrorism, Casteism, wars between nations, violence, corruption, sex-crimes etc.
 - At the level of nature :
Global warmings, weather imbalances, water pollution, air pollution, soil pollution, noise pollution, depletion of minerals and oil resources.

CATEGORIES OF PERSON NOW A DAYS

Today, most of the people fall in 3 categories :

- Sudd
- SSDD
- SSSS

① Sudd :

- Sudd stands for Sadhan Viheen Dukhi Dardra.
- This refers to individuals who lack physical facilities or wealth and feel unhappy and deprived.

② SSDD :

- SSDD stands for Sadhan sampann Dukhi Dardra.
- This denotes individuals who have physical facilities or wealth but still unhappy & deprived.

③ SSSS :

- SSSS stands for Sadhan Sampan Sukhi Samridh.
- This describes individuals who have adequate physical facilities & feel happy and prosperous.

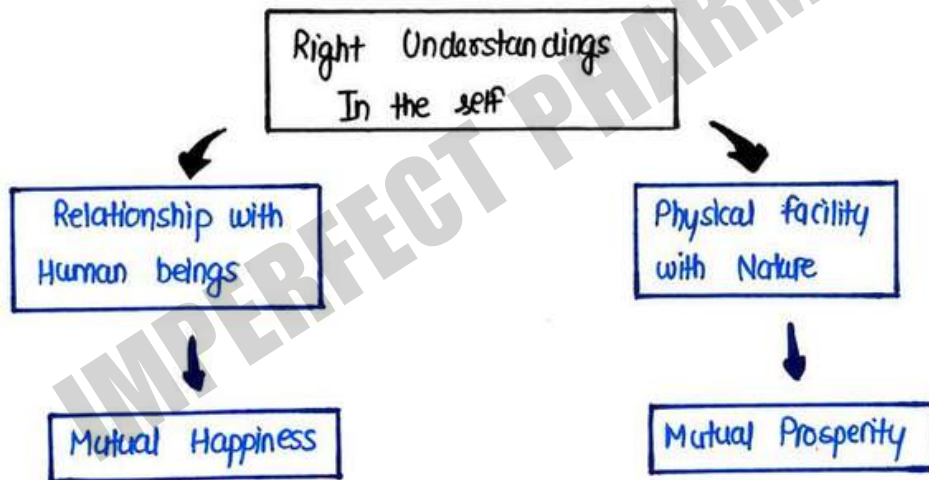
HUMAN CONSCIOUSNESS & ANIMAL CONSCIOUSNESS

- Giving all priorities to physical facilities only or to live solely on the basis of physical facilities may be termed as Animal Consciousness.
- While living with all three :
Right understanding
Relationship
Physical facilities
is known as Human Consciousness.

- For animals physical facility is necessary as well as complete - whereas for human beings it is necessary but not complete.
- Working only for physical facilities is living with Animal Consciousness.
- Working for right understanding as the first priority followed by relationship and physical facilities is living with Human Consciousness.
- There is a need for transformation from Animal Consciousness to Human Consciousness.
- It can only be accomplished by working for right understandings as first priority.
- The transformation from Animal Consciousness to Human Consciousness forms the basis for human value and value-based living.

METHODS TO FULFILL BASIC HUMAN ASPIRATIONS

- All human beings want a good relationship with other human beings to be happy.
- For that there is need of right understanding at below 4 levels:
 - (a) Myself
 - (b) Family
 - (c) Society
 - (d) Nature/ Existence
- Continuous happiness is being in harmony within one self, being in harmony with others and being harmony with nature.



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